# calendar & activities JUN 2019

# The Sheridan at Overland Park-"Grow for Quality of Life"

THURSDAY

Ascension

Recorded Mass

10:00 • Balance and Endurance

10:30 • Sunrise Piano Concert! [L]

2:00 • Getting to Know You [LIB]

2:45 • Root Beer Float Social [B]

Exercise [E]

3:30 • Quarter Bingo [B]

Ascension

Recorded Mass

10:00 • Balance and Endurance

Exercise [E]

11:00 🔸 Laughter Yoga [E]

1:30 • Bridge [DR]

6:15 • Pianist Patty [L]

9:00 • Church of the

1:30 • Bridge [DR]

# CONNECT

- CONTRIBUTE
- FEEL
- **GROW**
- MOVE
- REFLECT

Mike W.	6/3
Gladys L.	6/9
Mary Z.	6/10
Jean C.	6/16
Beth T.	6/18
Jean B.	6/25

# **Location Keys**



# the end to 11:00 **ALZHEIMER'S** begins with us.

# MONDAY 10:00 • Exercise w/

RehabCare [E]

with Bob [E]

Peace [E]

Hour [B]

10:00 • Exercise w/

10:45 • Bible Devotions

11:15 • What's News? [L]

6:00 • Crafty Crocheters [B]

RehabCare [E]

with Bob [E]

1:15 • Somewhere over the

Rainbow [E]

3:00 • BHU Chair Fun (Physical)

4:00 • Magnificent Monday Happy

2:00 • 5th Grade Trivia [B]

Hour [B]

11:15 • June Outings Sign up [L]

2:00 • Trivial Pursuit Trivia [B]

University [E]

1:15 • Mindful Meditation for Inner

3:00 • Introduction to Brain Health

4:00 • Magnificent Monday Happy

10:45 • Bible Devotions

9:30 • Hawaiian Hikers

10:00 • Chair Exercise [E]

Rosary [C]

June [E]

2:30 • Made you Laugh [E]

3:30 • Candy Bar Bingo [B]

6:00 • Puzzling with Peggy [S]

10:30 • Catholic Communion and

1:30 • Explore the Great Outdoors

2:30 • Friends Helping Friends [L]

and Rosarv [C]

1:30 • Wii Sports [S]

9:30 • Mug Mornings

10:00 • Chair Exercise [E]

Rosary [C]

11:00 • Pets for Life Visit [L]

3:30 • Candy Bar Bingo [B]

9:30 • Mug Mornings

10:00 • Chair Exercise

11:00 • Penny Ante [S]

1:30 • Wii Sports [S]

6:00 • Puzzling with Peggy [S]

Club Card Turn in

10:30 • Catholic Communion and

11:00 • Singing with the Stars of

**TUESDAY** 



WEDNESDAY

Wellness-1st

11:00 • Walk into Wellness-2nd

2:00 • Resident Meeting [E]

3:00 • Alligator Shoes [DR]

6:00 • Crafty Crocheters [B]

**Health Vitals Clinic** 

11:15 • R.O.M.E.O. Men's Lunch Outing

1:30 • Overland Park Arboretum Outin

RehabCare Health Learning

Chair Yoga with

9:00 • Advanced Home

Tessa [E]

Lecture [E]

11:00

10:30 • Target Outing [O]

Floor Residents

10:00 • Chair Yoga with Tessa [E]

Floor Residents

4:00 • "Wine" Down Wednesday [B



10:00 • Half Pint Heroes

12:00 • Pledge of Allegiance in

Project [S]

2:15 • Charades [E]

4:00 • Happy Hour [B]

5:00 • Birthday Dinner [DR]

9:30 • Garden Club [L]

10:00 • Exercise with

Weights [E]

1:30 • Giving the Basics

2:15 • Made You Think [S]

4:00 • Happy Hour [B]

3:00 • Guided Mediation for

Relaxation [E]

6:00 • Evening Movie---Move

Over Darling [E]

**BHU Extreme** 

Close Up (Cognitive) [S]

Philanthropic Project [S]

Weights [E]

I1:00 • Longest Day Bake Sale [L]

2:00 • Pool Party on the Patio [P]

1:00 • Learn to Belly Dance [E]

10:00 • Exercise with

Celebration of Flag Day [DR]

1:30 • Giving the Basics Philanthropic

Muscle Relaxation [E]

FRIDAY

10:00 • Rock-n-Roll Exercise [E]

SATURDAY

11:00 • Biography: Mae West [C]

1:30 • Mahjong [S]

3:30 • Bingo [B]

6:00 • Fun at the Movies---Batman vs. Superman Dawn of Justice (2016) [E]

Resident Birthdays	
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6/3
6/9
6/10
6/16
6/18
6/25

### 8:30 • Bus Leaves for Church [L] 11:00 • Church of the

S

LIB

Bistro	
Club Room	
Creative Studio	
Dining Room	
Entertainment Room	
∟ibrary	
∟obby	
Duting	
Patio	



Church [L]

Church of the

Resurrection

2:15 • Sunday Bible Study [B]

4:00 • Crossword Puzzles [L]

6:00 • Fun at the Movies---Escape

From Fort Bravo [E]

1:15 • Exercise Fun

3:00 • Jenga [L]

Satellite Service [E]

1:15 Inspirations with Kim [L]

SUNDAY

Resurrection Satellite

June cont'd

8:30 • Bus Leaves for

11:00 • Church of the

11:15 • Hot Topix! [L]

2:00 • Tech Cafe [B]

1:15 • Exercise Fun [E]

3:00 • Uno Card Game [L]

4:00 • Crossword Puzzles [L] 6:00 • Fun at the Movies---The Glass-

8:30 • Bus Leaves for

11:00 • Church of the

11:15 • Hot Topix! [L]

2:00 • Tech Cafe [B]

Bottom Boat [E]

Church [L]

Service [E]

3:00 • Uno Card Game [L]

6:00 • Fun at the Movies---

Service [E]

11:15 • Hot Topix! [L]

3:00 • Jenga [L]

1:15 Exercise Fun [E]

2:00 • Creative Crafts [S]

Can [E]

4:00 • Crossword Puzzles [L]

6:00 • Fun at the Movies---Can-

4:00 • Crossword Puzzles [L]

1:15 • Exercise Fun with Maddy

Resurrection Satellite

Justice League (2017) [E]

Resurrection Satellite

Church [L]

Service [E]

16	10
10	10
urrection E]	11
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1	2
.] es [L]	3
 1982) [E]	4

	6:00	•	Crafty Crocheters [B]
16	10:00	•	Exercise w/ RehabCare [E]
urrection	10:45	•	Bible Devotions with Bob [E]
]	11:15		What's News? [L]
-	1:15	•	Mindful Meditation for
			Gaining Positive Perspe [E]
1	2:00	•	Trivia [B]
s [L] 	3:00	•	BHU Aussie Slang (Stre Humor) [E]
982) [E]	4:00	•	Magnificent Monday Haraman Har
	6:00	•	Crafty Crocheters [B]

6:00 • Crafty Crocheters [B]

•	BHU Aussie Slang (Stress/ Humor) [E] Magnificent Monday Happy Hour [B]
•	Crafty Crocheters [B]
•	Exercise w/ RehabCare [E]
•	Bible Devotions with Bob [E]
	What's News? [L]
•	Mindful Meditation for Reducing Stress and Anxiety

**Gaining Positive Perspective** 

0.00		Crarty Crocheters [b]			
10:00	•	Exercise w/ RehabCare [E]	9:30	•	Mug Mornings 25
10:45		Bible Devotions with Bob [E]	10:00	•	Chair Exercise
11:15		What's News? [L]	4000	_	
1:15	•	Mindful Meditation for	10:30		Catholic Communion
		Reducing Stress and Anxiety			and Rosary [C]
		[E]	11:00		Pets For Life Visit [L]
2:00	•	Trivia [B]	1:30		You be the Judge! [LIB]
3:00	•	BHU Neighborly Nuggets (Social) [B]	2:30	•	Shuffle Board [S]
4:00		Magnificent Monday Happy	3:30		Candy Bar Bingo [B]
4.00		Hour [B]	6:00	•	Puzzling with Peggy [S]



5:00	•	Crafty Crocheters [B]
0:00	•	Chair Yoga with Tessa [E]
):30	•	Price Chopper Grocery Store [O]
:00	•	No Bake Baking Club [B]
:30	•	Kauffman Memorial Garden [O]

1:30		<b>Kauffman Memorial Garden</b>
1.00		[0]
2:00	•	Payson's Travel Adventures
		[E]
3:00	•	BHU Walk this Way
		(Physical) [E]
4:00	•	"Wine" Down Wednesday [B]
6.00		Crafty Crocheters [R]

3:00 4:00	•	BHU Restless Nights (Sleep) [E] Take me Out to the Ball Game [E] "Wine" Down Wednesday [L] Crafty Crocheters [B]	2:45 3:30	•	Activity Meeting [E] Root Beer Float Social [ Quarter Bingo [B] Pianist Patty [L]
10:00	•	Chair Yoga with Tessa [E]	9:00	•	Church of the Ascension
10:30	•	Picnic at Loose Park Rose			Recorded Mass [E]
		Gardens [O]	10:00		Balance and Endurance
11:00	•	Getting to Know You [LIB]			Exercise [E]
2:00		Activity Meeting [E]	11:00	•	Arm Chair Travel:South
2:00	•	<b>BHU Word Search (Cognitive)</b>			Dakota [E]

6:15 • Pianist Patty [L]

Ascension

Recorded Mass

10:00 • Balance and Endurance

2:00 • Cooking Demo with Chef Tim

2:30 • Root Beer Float Social [B]

Exercise [E]

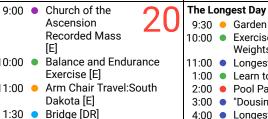
11:00 • Laughter Yoga [E]

3:30 • Quarter Bingo [B]

6:15 • Pianist Patty [L]

1:30 • Bridge [DR]

9:00 • Church of the



3:00 • "Dousing" for Dollars [P] 4:00 • Longest Day Happy Hour [B] 2:00 • Resident Food Mtg. [E] 6:00 • An Evening at the Movies---Sunset Boulevard (1950) [E] 2:45 • Root Beer Float Social [B] 3:30 • Quarter Bingo [B]

11:00

Visit [L] 1:00 Superman Through the Years [E] 1:30 • Giving the Basics Philanthropic Project [S] 2:15 • A Day to Remember: Your Wedding [S] 3:00 • Guided Mediation for Letting Go 4:00 • New Resident Happy Hour [B] 6:00 • Evening Movie-(2018) [E] 6:00 • Evening Movie---Anything Goes [E] 10:00 • Exercise with Weights [E]

10:00 • Rock-n-Roll Exercise 11:00 • Biography: Cole Porter [E] 1:30 • City Cruise [O]

3:30 • Bingo [B] 6:00 • Fun at the Movies--DeLovely [E]

10:00 Rock-n-Roll 11:00 • BHU Name That Ingredient (Nutrition) Exercise

> [E] 10:30 • Music with Steve Kakacek [DR]

1:30 • Biography: Dean 3:00 • Guided Mediation for Progressive Martin [E] 2:30 • Sit and Sip [P]

3:30 • Bingo [B]

10:00 • Rock-n-Roll Exercise [E] 11:00 • Hot Topix! [C]

1:30 • Biography: William Holden [E] 2:30 • Bubbles and Lemonade

3:30 • Bingo [B]

6:00 • An Evening at the Movies---Picnic (1954)

## 10:00 Rock-n-Roll Exercise [E] 11:00 • Hot Topix! [C]

1:30 • Biography: Doris Day

2:30 • Sit and Sip [P] 3:30 • Bingo [B]

6:00 • Fun at the Movies---The Thrill of it All [E]

Continued at top